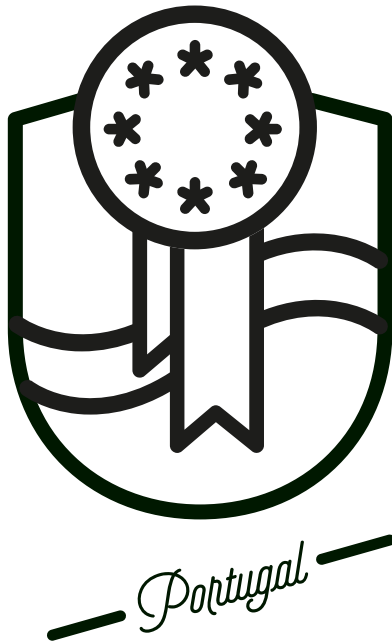




Premium **Cycling** Holidays



# PORTUGAL BIKE TOURS

/ Founded in 868, Portugal established its continental frontiers in 1297 and is the oldest nation in Europe;

/ Portugal was one of the earliest colonizing nation of Europe, and shares cultures with African, American, and Oriental countries;

/ Portuguese language is spoken by about 230 million people around the world (incl. 210 native speakers), and is the official language of 9 countries;

/ With 10 million inhabitants and 92,212 km<sup>2</sup> of surface, it's considered one of the most geographically diverse countries in Europe and home to several UNESCO world heritage sites and traditions;

/ As a modern european country, Portugal has great infrastructures for tourism, one of the country's greatest economic areas and values and it's heritage and crafts;

/ Bordering the north Atlantic Ocean, it's home to a maritime temperature, with average annual temperature of 16°C and sunny weather all year long;

## PORTUGAL HAS SOME OF THE BEST TOURISM EXPERIENCES IN THE WORLD:

**DOW'S VINTAGE 2011**, a Port wine from the Douro region, considered by Wine Spectator as the world's best Wine.

**PORTO**, elected best European destination of 2014 according to European Best destinations;

**LISBON**, elected leading city break destination of 2013, according to World travel Awards

**ALENTEJO**, elected best wine region to visit in 2014 by USA Today

**DOURO**, elected best wine Region in the world in 2013 by Winemag







PORTUGAL BIKE TOURS

/ Perfect  
Climate &  
geography  
for riding



## **BECAUSE OF THE SUN**

The country's moderate Atlantic climate makes it great for riding in every season. A moderate Autumn and Winter is topped by a sunny spring and summer. This makes it a great option as a cycling destination, either to start off your season or just riding throughout the summer.

## **BECAUSE OF THE LANDSCAPE DIVERSITY**

Portugal is home to amazing beaches, glacial valleys, big mountain ranges, wine countries and national parks alike in a condensed. It's very easy to mix different emotions in one single ride, from cruising the coastline to descending amazing trails.

## **BECAUSE OF THE ABUNDANCE OF CAR-FREE ROADS AND AMAZING TRAILS**

Portugal has backroads with great conditions that create a great atmosphere for a peaceful group ride. Many regions have invested in the creation of bike parks, to maintain and improve trails, which makes it perfect for mountain biking.





PORTUGAL BIKE TOURS

/ One of a kind  
history and  
culture



## **A COUNTRY OF NAVIGATORS AND EXPLORERS**

A country in the epicenter of trade routes, that once led the strongest naval fleet the world had ever seen, spanning over 600 years. A country of explorers and one of the first to adventure into the sea and discover cultures in Africa, Asia, India and the Americas, which is still today visible in its language, the third most spoken in the world.

## **A 1000 YEAR OLD MELTING POT OF CULTURES**

The “Portugale” county was formed in 1139 by D. Afonso Henriques, in an epic family battle. But even before its foundation, “Lusitania” was inhabited by Romans since 45 BC, the Visigoths, the Moors and many others. Today’s Portugal is a sovereign nation-state which prides itself of being a part of Europe and having a rich and strong history and identity.

## **MONUMENTS AND MUSEUMS MEET CONTEMPORARY & MODERN ARTS**

As a petite country opened to the world, Portugal has always embraced other cultures and ways of art. Nowadays, you will find that modern and contemporary architecture, literature, music, and theatre blends with millennial traditions and craftsmanship.



LOVE



— Portugal —

PORTUGAL BIKE TOURS

/ Gastronomy  
& wines





## **FROM MEDITERRANEAN CUISINE TO THE INTERIOR CHEESES AND “ENCHIDOS”**

Being bathed by the Atlantic ocean means Portugal thrives on fantastic, fresh fish and seafood, expertly used in its trademark mediterranean cuisine. But the country's great variety of cultures and landscapes means each region has an endless variety of cheese, wines and local gastronomy.

## **BEST WINE COUNTRIES IN THE WORLD**

Douro and Alentejo have been voted best wine countries in the world, not just because they are home to some of the best wine tasting experiences, but also because of their pitoresque and authentic landscapes, people, wineries, farms and culture.

## **FLAVOUR AND RICHNESS IN EVERY BITE**

Everywhere you go, you'll find it easy to savour great, authentic and simple food. From Michelin star restaurants to local “tascas”, Portugal is a foodie's heaven.

LOVE



Portugal

PORTUGAL BIKE TOURS

/Authentic  
& welcoming



## CHARM HOTELS AND DESTINATIONS

Tourism is one of Portugal's main activities. Visiting the country, you'll find great infrastructures to support your stay: from amazing 5 star hotels to charming palaces and farms that have been restored with great care to host tourists from all around the world. Home to several UNESCO world heritage sites, we proudly take care of our touristic attraction and destinations.

## AUTHENTICITY OF THE COUNTRY

Although a modern country, Portugal keeps its traditions and costumes very much alive. With its borders established since 1139, the country's culture materializes in its trademark music, literature, art, craftsmanship and goods, but they are also passed on from generation to generation and are truly embedded in daily routines that make up the Portuguese way of living.

## WELCOMING NATURE OF THE PORTUGUESE

The Portuguese people are welcoming by nature. We love to host dinners and receive guests and tourists – there's always room for one more at our table.



# / PORTUGAL > that's why!

GET IN TOUCH WITH US TO PLAN YOUR NEXT DREAM CYCLING HOLIDAYS IN PORTUGAL:

- / DOURO RIVER – FROM PORT TO PORTO
- / ALENTEJO – RIDE THE WINE COUNTRY
- / LISBON EXPLORER – DISCOVER SINTRA, ARRABIDA & THE WEST COAST.
- / ALGARVE – WELLNESS AND CYCLING CAMP
- / ESTRELA MOUNTAIN RANGE & THE HISTORICAL VILLAGES
- / COIMBRA & LOUSA – FADO AND TRAILS
- / EL CAMINO – FROM PORTO TO SANTIAGO  
DE COMPOSTELA



# *Live* LOVE *RIDE*

Premium **Cycling** Holidays

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